

THE VISION OF THE UNIVERSITY OF JORDAN

A university excelling in pedagogy, research, and innovation and advancing in global standing

THE MISSION OF THE UNIVERSITY OF JORDAN

Providing students with fulfilling learning experiences, conducting knowledge-producing research, and building firm societal ties, within an environment conducive to creativity, innovation, and entrepreneurship: making efficient use of resources and forging fruitful partnerships.

THE VISION OF THE SCHOOL OF REHABILITATION SCIENCES

Leadership in the creation and development of knowledge, and in the preparation of human resources aspiring for excellence regionally and internationally

THE MISSION OF THE SCHOOL OF REHABILITATION SCIENCES

To excel in the preparation and training of model rehabilitation personnel, who participate in the health and community sector, and provide the local and regional community with appropriate rehabilitation services based on needs. Through educational curricula that facilitate the implementation of up-to-date rehabilitation services based on the best available evidence.

THE VISION OF THE DEPARTMENT OF PHYSIOTHERAPY

To be recognized as an outstanding educational program with high quality faculty members, staff and students

THE MISSION OF THE DEPARTMENT OF PHYSIOTHERAPY

To graduate professionals in the field of physical therapy who are to contribute to the health needs of society through education, scholarly activities, research, service and professional practice.

1	Course title	Physiotherapy in sports injuries
2	Course number	1811474
3	Credit hours (theory)	2
	Contact hours (theory)	2 per week
4	Prerequisites/co-requisites	-----
5	Program title	BSc in Physiotherapy
6	Program code	1801
7	Awarding institution	The University of Jordan
8	School	Rehabilitation Sciences
9	Department	Department of Physiotherapy
10	Level of course	Undergraduate, 4th year
11	Year of study and semester (s)	2018/2019, Second semester
12	Final Qualification	BSc
13	Other department (s) involved in teaching the course	None
14	Language of Instruction	English
15	Date of production/revision	5/2/2019

16. Course Coordinator:

Name	Hayat Hamzeh, MSc
Rank	Lecturer
Office number	308
Office hours	Wed & Thu 12-1
Phone number	23244
Email addresses	h.hamzeh@ju.edu.jo

17. Other instructors:

None

18. Course Description:

This course will introduce the students to the most common sport injuries using both regional and sport specific approaches. This course will enable students to critically evaluate current assessment and treatment methods and formulate management plans for the treatment of sports injuries based on evidence based practice.

19. Course aims and outcomes:

A- Aims:

1. To introduce the students to essential knowledge and skills needed to evaluate and treat athletes with sports injuries
2. To critically evaluate common methods used in evaluation and treatment of athletes with

sports injuries.	
B- Intended Learning Outcomes (ILOs): Upon successful completion of this course, students will be able to:	
Program ILO: 1. Critically analyse and apply the conceptual frameworks and theoretical models underpinning physiotherapy practice.	
Specific course ILOs	1.1 Apply the principles of patient assessment and management in sport injuries.
Program ILO: 2. Demonstrate comprehension of background knowledge that informs sound physiotherapy practice.	
Specific course ILOs	2.1 Understand the mechanism of injury behind common acute and overuse sports injuries.
Program ILO: 3. Demonstrate the ability to use online resources and technologies in professional development and physiotherapy practice.	
Specific course ILOs	3.1 Demonstrate the ability to use the e learning website to obtain and read resources and answer online quizzes.
Program ILO: 4. Display a professional commitment to ethical practice by adhering to codes of conduct and moral frameworks that govern the practice of physiotherapy.	
Specific course ILOs	NA
Program ILO: 5. Evaluate the importance of and critically appraise research findings to inform evidence-based practice such that these skills could be utilized in continuing self-development.	
Specific course ILOs	5.1 Critically appraise the evidence supporting different treatment approaches that are commonly used to treat sports injuries.
Program ILO: 6. Implement clinical reasoning, reflection, decision-making, and skilful application of physiotherapy techniques to deliver optimum physiotherapy management.	
Specific course ILOs	6.1 Apply decision-making skills related to the selection of assessment methods and management of athletes with sports injuries.
Program ILO: 7. Adhere to the professional standards of physiotherapy practice in terms of assessment, management, outcome measurement, and documentation.	
Specific course ILOs	7.1 Evaluate current assessment and treatment methods that are used in sports injuries.
Program ILO: 8. Display a willingness to promote healthy lifestyle and convey health messages to clients.	
Specific course ILOs	8.1 Advise the athletes with appropriate guidelines and techniques for injury prevention.
Program ILO: 9. Value the willingness to exercise autonomy while appreciating the challenges associated with delivering physiotherapy services.	
Specific course ILOs	NA
Program ILO: 10. Display the ability to practice in a safe, effective, non-discriminatory, inter- and multi-disciplinary manner.	
Specific course ILOs	10.1 Evaluate the role of team approach in the field of sports and exercise injuries.
Program ILO: 11. Demonstrate effective oral and written communication with clients, careers and health professionals.	
Specific course ILOs	NA

20. Topic Outline and Schedule: (use numbers for ILOs and references).

#	Topic	Week	Instructor	Achieved ILOs	Evaluation Methods	Reference
1	Introduction to Sports physiotherapy	1	HH		Theoretical exam	Burkner and Khan (2012)
2	Sports and exercise medicine: the team approach	2	HH	10.1	Theoretical exam	Burkner and Khan (2012)
3	acute Sports injuries: Fracture, Dislocation/subluxation	3	HH	1.1 2.1 5.1 8.1	Theoretical exam	Burkner and Khan (2012)
4	acute Sports injuries: Muscle injuries	4	HH	1.1 2.1 5.1 8.1	Theoretical exam	Burkner and Khan (2012)
5	overuse Sports injuries: UL tendinopathies	5	HH	1.1 2.1 5.1 8.1	Theoretical exam	Burkner and Khan (2012)
6	overuse Sports injuries: LL tendinopathies	6	HH	1.1 2.1 5.1 8.1	Theoretical exam	Burkner and Khan (2012)
7	Principles of injury prevention	7	HH	8.1	Theoretical exam	Burkner and Khan (2012)
8	Taping and bracing	8	HH	5.1 6.1 7.1	Theoretical exam	Burkner and Khan (2012)
9	Principles of diagnosis: clinical assessment	9	HH	1.1 5.1 6.1 7.1	Theoretical exam	Burkner and Khan (2012)
10	Principles of diagnosis: application of clinical assessment	10	HH	1.1 5.1 6.1 7.1	Theoretical exam	Burkner and Khan (2012)
11	Treatments used for musculoskeletal conditions in athletes: Modalities	11	HH	5.1 6.1 7.1	Theoretical exam	Burkner and Khan (2012)
12	Treatments used for musculoskeletal conditions in athletes: Manual therapy	12	HH	5.1 6.1 7.1	Theoretical exam	Burkner and Khan (2012)
13	Treatments used for musculoskeletal conditions in athletes:	13	HH	5.1 6.1 7.1	Theoretical exam	Kisner, Colby, & Borstad

	Plyometrics training					(2018).
14	Principles of rehabilitation in sports injuries	14	HH	5.1 6.1 7.1	Theoretical exam	Burkner and Khan (2012)
15	Regional sports injuries: Wrist injuries Ankle injuries	15	HH	5.1 6.1 7.1	Theoretical exam	Burkner and Khan (2012)
	Final exam	16			Theoretical exam	

21. Teaching Methods and Assignments:

Please pick the approaches that will be used to achieve course and clinical objectives related to the ILOs:

Select if applied	Instructional Methods	Learning Activities (Examples)
✓	Direct Instruction	Structured orientation lectures Skills and procedures demonstrations
✓	Interactive Instruction	Clinical conferences and case presentations Seminars and discussions
	Experiential Learning	Experiential learning in clinical setting Simulation Hands-on learning
✓	Independent Study	Self-directed literature review and synthesis to address problems in a specific case study Reflective Journaling
	Blended Learning	Combined face-to-face classroom practices with computer-mediated activities regarding content and delivery of course topics
	Evidence Based Practice	<ul style="list-style-type: none"> Integrate research methods & results in the learning process Reflective assignments & projects
	Other (please specify)	

22. Evaluation Methods and Course Requirements:

Opportunities to demonstrate achievement of the ILOs are provided through the following assessment methods and requirements:

Exams		
Exam	Date	Grade
Midterm	13/3	30
Final	As announced by registration	40
Quizzes	Ongoing	30
Assignments		
None		

23. Course Policies:

A- Attendance policies:

- Attendance will be taken periodically throughout the semester.
- Students are expected to attend and actively participate in all classes.
- Students are expected to be on time.
- When the student is unable to attend class, it is a courtesy to notify the instructor in advance using either e-mail or phone.
- Repeated tardiness or leaving early will not be accepted.
- Students who miss class (or any portion of class) are responsible for the content. Any student who misses a class has the responsibility for obtaining copies of notes, handouts, assignments, etc. from class members who were present. If additional assistance is still necessary, an appointment should be scheduled with the instructor. Class time is not to be used to go over material with students who missed class(es).
- An absence of more than 15% of all the number of classes, which is equivalent of (4) classes, requires that the student provides an official excuse to the instructor and the dean.
- If the excuse was accepted the student is required to withdraw from the module.
- If the excuse was rejected the student will fail the module and mark of zero will be assigned as suggested by the laws and regulations of the University of Jordan. Please refer to pages 133, 134 of the student handbook.

B- Absences from exams and handing in assignments on time:

- The instructor will not do any make-up exams.
- Exceptions for make-up exams and late submission of class assignments will be made on a case-by-case basis for true personal emergencies that are described as accepted by the regulations of UJ (e.g., documented medical, personal, or family emergency).
- Make-up exams will be arranged if justifications for missing the exam satisfy the above. It is the student's responsibility to contact the instructor within 24 hours of the original exam to schedule a make-up session. A make-up exam should be taken within a week from the original exam date, unless the student can provide documentation that makes meeting that deadline impossible; otherwise, the recorded score for that exam for the student will be a zero.
- Late assignments will not be accepted and submission of assignments (due to unjustified absence from class) by other students will not be accepted regardless of how much work the student put into its preparation.

C- Health and safety procedures:

- Students will not be in direct contact with patients during this course.
- Students are not expected to use any heavy tools or equipment that might impose health and safety issues during this course.
- Students should work safely, including being able to select appropriate hazard control and risk management, reduction or elimination techniques in a safe manner in accordance with health and safety legislation.
- Students should understand the importance of and be able to maintain confidentiality.
- Students should understand the importance of and be able to obtain informed consent.
- Students should know the limits of their practice and when to seek advice or refer to another professional

D- Honesty policy regarding cheating, plagiarism, misbehavior:

- Students are expected to observe all University guidelines pertaining to academic misconduct.
- Any work submitted by a student for academic credit must be the student's own work.

Submission of work taken directly from another source (e.g., book, journal, internet, clinic forms, or another student work) will be considered plagiarism and the student/group will get a zero grade for that work if part of an assignment. In addition, if copying occurred, both the student who copied the work and the student who gave material to be copied (if applicable) will receive a zero for the assignment.

- Students are expected to do work required for assignments on their own. Asking other instructors at the JU clinic or the staff, or other students to assist in or do any part of the assignment for them will negatively affect their grade on that assignment. The course instructor is the person the student needs to talk to if s/he has any difficulties pertaining to an assignment or project and is strongly encouraged to schedule an appointment with the instructor if such difficulties arise during the semester.
- Course materials prepared by the instructor, together with the content of all lectures and review sessions presented by the instructor are the property of the instructor. Video and audio recording of lectures and review sessions without the consent of the instructor is prohibited.
- Any forms of academic misconduct will be handled according to the University of Jordan guidelines.

E- Grading policy:

Grading for this course will be determined based upon the accumulation of points for variety of assignments and exams. All work will be evaluated on completeness, organization, clarity of information, and the integration and application of the material.

F- Available university services that support achievement in the course:

The University of Jordan provides many services to support social, health, and mental well-being of students in general and students with disabilities in specific. Students are advised to visit the Faculty of Students Affairs to learn more about those services. If you are a student with a disability for which you may request accommodations, please notify the staff of Services for Student with Disabilities (Faculty of Students Affairs) as soon as possible. Please also contact the instructor as soon as possible (email is acceptable) so the appropriate accommodations for this course can be made.

24. Required equipment:

Lecture room with data show requirements.

Student should appropriate clothes and footwear during practical sessions.

25. References:

A. Required book (s), assigned reading and audio-visuals:

1. Peter Burkner and Karim Khan, editors (2012). Clinical Sports Medicine 4th ed. McGraw Hill

B. Recommended books, materials, and media:

Kisner, C., Colby, L. and Borstad, J. (2018). Therapeutic exercise: foundations and techniques. 7th ed. Philadelphia: F. A. Davis Company.

Additional articles and learning materials will be provided through eLearning website.

26. Additional information:

This course will build up on previous knowledge and skills acquired during the courses of Musculoskeletal physiotherapy 1 and 2, Therapeutic exercises 1 and 2. Students will have the opportunity to apply knowledge they learn from this course during their clinical training which takes place during the same term.

Name of Course Coordinator: Hayat Hamzeh Signature: H.H. Date: 5/2/2019

Reviewed by Dr. Dania Qutishat. Signature: -----DQ 5/2/2019

Head of curriculum committee/Department: : Dr. Jennifer Muhaidat----- Signature: -J.M

Head of Department: -----Lara Al-Khlaifat ----- Signature: -L.K.-----

curriculum committee/Faculty: Professor Ziad Hawamdeh Signature: - Z.H

Dean: Professor Ziad Hawamdeh Signature: - Z.H